BENGALURU, MONDAY, DECEMBER 6, 2021 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 27 | Min 18 | Humidity 69% Generally cloudy sky Sensex 57,696 | Nifty 17,196 | Gold 47,701 | Silver 61,000 | Dollar 75.29 | Euro 84.89 | GBP 99.50

FASTING & FEASTING

How food vloggers keep in shape

PAGE 2

BLOOD SUCKERS

Donors that never were

PAGE 3

RESTING IN PEACE

Cemetery for all pets

PAGE 5

Residents along KIA-Devanahalli stretch demand toll-free service road as cabbies take detour to avoid hefty toll

FOR WHOM THE FELL TOLL

Demand for toll-free road to KIA

| Sridhar.Vivan @timesgroup.com

TWEETS @sridharVMIRROR

KAUSHIK JN

> **Cab drivers refuse to take the toll road... To avoid the toll, they drive on narrow roads that are quite scary.**
>
> — Ramya R, techie

The chorus for a toll-free service road for the Kempegowda International Airport (KIA)-Devanahalli Road is reverberating louder by the day. In fact, this was one of the primary demands put forward by the residents along the corridor during the Jana Samparka (interaction with citizens) meeting held by the traffic police recently.

Many have petitioned to the police that they are forced to pay a hefty toll for travelling a short distance. Others say the neighbourhood roads around the Trumpet Interchange have become worse as heavy trucks are rerouting to avoid the toll. As a result, the surrounding areas are filled with dust; there is a drastic increase in accidents in the stretch as well.

Ashok R, a resident of the area, who stays near Sadahalli Gate told Mirror: "I travel in my car towards Devanahalli. In the absence of a service road, I am paying the toll every day. My demand is there should be a service road which should be made free to use for the local residents, so that people who don't want to pay toll can use it."

However, denying this, an official from the National Highways Authority of India (NHAI) said: "We do provide concessional passes to local citizens." The locals, meanwhile, are insisting they want to use toll-free service roads.

After the meeting with the citizens of Devanahalli, Bengaluru North DCP (traffic) Savitha S held discussions with toll booth authorities.

"During the meeting, many raised the issue of bad quality of roads, and service roads. The locals are demanding a service road between Kannamangala Gate to the second toll and between the second toll and Sadahalli Junction besides construction of underpasses

CONTINUED ON PAGE 6 »

Indoor Plaint

Covid-19 spreads easily at indoor congregations, experts warn

| Iffath.Fathima@timesgroup.com

TWEETS @BangaloreMIRROR

Of late the number of covid clusters has been on the rise.

With the omicron variant spreading faster than its predecessors, experts are recommending limited public gatherings, or suggesting gatherings at best be called off.

Recently, the highest number of cases reported so far in a cluster in the state was detected in SDM College, Dharwad where 250-odd students tested positive. Twelve students of Spurthy College in Marasur, Bengaluru and 70 students of Jawahar Navodaya Residential School at Seegodu near Balehonnur in NR Pura Taluk, Chikkamagaluru tested positive for covid-19 as well.

The two positive cases of the new omicron variant detected in the city just days ago notwithstanding.

Experts are of the view that indoor congregations be reduced to the least as the cases are likely to increase further more. "One thing everyone can do now is prevent crowds and gatherings. All non-essential congregations need to be avoided. Further, if one is vaccinated, it is of utmost importance to wear masks. Or else, the disease can spread to people with higher risk. If you are vaccinated just with a single jab, get one more to complete the process," said epidemiologist Giridhar Babu, member of covid-19 technical advisory committee.

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Lockdown art

Attend a virtual art camp curated by Rajini Rekha in 3 series during the lockdown. Back to the first physical shows in Bengaluru city, Reves Gallery presented the collection on November 29, first. The event is presided by Praveen Sood, IG and DGP, Govt of Karnataka, Prasad Bidappa, Madhu Natraj, Anupama Hoskere, Wanitha Ashok and few more art connoisseurs of the city. Art works of S G Vasudev, Rekha Hebbar, Laxma Goud, KK Raghava, Subramanian Gopalasami, Rajini Rekha and few more artist works are on display at the gallery. Conceptualised by Rajini Rekha during the lockdown, the collection is named, Prolonged Solitude. **When: Until December 13, 11 am to 6 pm (on weekdays only); Where: Reves Art Gallery 11:00 am -6:00 pm on all weekdays**

02 Mind play

Watch Bhoomi, a play that sees an attempted conversation between polar worlds. Directed by Vinay Kumar, the play sees two artistes, a director and her actor, located very differently in their personal journeys engaging with questions around gender, violence on gendered bodies, retribution and resolution. The play tries to look at physical aggression against women at multiple times in history and some of the patriarchal answers to it. **Where: Ranga Shankara, JP Nagar When: Dec 11 and 12, 3.30 pm and 7.30 pm**

03 For the love of art

Perhaps, your child could be the next Picasso. Let them explore that possibility at an early age. Hobby Station is hosting fun art classes to teach children between five and nine years of age how to draw and colour. All that the participants will need are a good internet connection, pencils, colours, paper and their powerful imagination. These lessons will also focus on teaching children the differences between primary and secondary colours. **Where: Zoom; Cost: Rs 250; Register: bookmyshow.com**

Fasting & feasting: How food vloggers keep fit

BM discovers vloggers' secrets to staying fit despite eating for a living and it includes fasting, walking, taking smaller bites and even sharing food

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMirror

Along with travel vlogging, food vlogging seems to have become the latest trend for social media influencers. Many are seen preferring gastronomical tours and some others are pursuing it professionally.

While so many watch in awe as these food vloggers relish and explore exotic food items, one wonders how they maintain good health despite eating so much.

Another question on the minds of the consumers of their content is: When a food vlogger is seen with so much food around them, are they able to eat it all or waste a portion of what was ordered?

BM spoke with some vloggers to discover their recipe of good health and the secret to eating "so much food".

Hemanth S, who has also begun food vlogging said, "My preference is to find unique food items being prepared in Bengaluru as it is the USP (unique selling point) to attract a lot of netizens on social media. If I am presenting special food, people will be interested to watch so they can also go and explore the food.

For example, recently, I watched a video on Chiblu Idli being sold in Sathanur where hundreds of people from Bengaluru go to eat idlis prepared in bamboo baskets. I discovered that such idlis are being prepared in Nandini Layout as well. I am always cautious while doing food tours; I ensure that I eat little. For example, while doing a video on Idlis, I will eat only one Idli so that I can go on to my next item."

Harshavardhan and Vikram TL have been creating food vlogs under the brand name Unbox Karnataka. Harshavardhan said, "When we go for a food tour, we take our friends with us so that we don't need to eat everything and we don't waste the food.

We also follow a strict workout regime. Every day, we do at least a one-and-a-half-hour-long workout in the gym where our focus is mostly on cardio and weightlifting. A day before the shoot, we will do a bit of fasting and the day after the food tour, we also try to limit our food intake and do a type of fasting. We also make it a point that we do only one food tour in a day."

Anubhav Sapra of Delhi Food Walks; Harshavardhan and Vikram TL of Unbox Karnataka; food spreads shared by Unbox Karnataka. Inset: A paratha Sapra taste-tested for his viewers

Anubhav Sapra, who calls himself the 'foodie-in-chief' of Delhi Food Walks said, "I always control eating while doing food walks. Many times, people ask me why I share food during my show. I don't want to waste food and I cannot finish it on my own, hence I share. For example, if I am doing a review of samosas, I will break one samosa into three parts. I eat a small portion and share the rest with my co-host and cameraman."

> **"I am always cautious while doing food tours; I ensure that I eat little. For eg, while doing a video on idlis, I eat only one idli** – Hemanth S

Another factor Sapra takes into consideration, he said, is that, "When I am touring cities, we walk a lot. This also helps in burning my calories... We don't take cabs but walk a lot. Back home, I tried to follow a strict fitness regime with regular exercises. Before covid, I used to regularly hit the gym but nowadays I walk a lot to keep myself fit."

Celebrity fitness consultant and International Natural Bodybuilder Shodhan Rai suggested that, "If you are a food vlogger, you need to keep these things in mind. Irrespective of eating excess at a restaurant or at home, workouts won't be too different. A combination of resistance training, cardio and yoga is good to deal with the excess food eaten because each has its own benefits in keeping the fat percentage and weight in check.

However, one needs to ensure there is consistency. If a particular individual has preference to only one of these workout types, they can stick to that. If we end up eating too much once in a while, it doesn't mean that we have to burn that excess calories consumed by the same/next day.

You can maintain the same intensity of workouts as usual, if desired. Foodies can add up to 10 minutes of extra workout and eat a bit less during the next meal or next few days and will still be able to balance the desired weight.

With my personal experience, I advise everybody to weight train/do strength training and maintain good sleep patterns as it helps with increasing the metabolic rate."

BLOOD SUCKERS

Conmen prey on man desperate to get blood for his cancer patient brother, take money for petrol and don't show up

Pragna L Krupa
pragna.krupa
@timesgroup.com
TWEETS @Pragna_MIRROR

A 20-year-old man, who has been running pillar to post to save his young er brother battling blood cancer, was scammed by two men who claimed to be blood donors. The men promised to come and donate blood, and took money from the man, but never turned up.

Santosh, a BA student from Haveri, came to the city last week to get his brother Manjunath treated for blood cancer. Santosh said that his brother was being treated at a government hospital in Haveri and was referred to KIDWAI for further treatment. The two brothers have their mother who works at an anganwadi back in their village and their father is no more. Santosh is staying at the hospital with his brother while their mother is in the village.

"We are very new to the city and I do not know anyone here. I reached out to a volunteer who helped me with contacts of blood donors and even sent out messages to blood donation groups and posted on social media. I have been struggling to arrange blood for the past five days," he said.

The first two days, they got the blood from KIDWAI, but the next two days he had to run around to blood banks requesting for A positive blood. "On Saturday around 2 pm, I received a call from a man who introduced himself as Sandeep who told me that he and two others were on the way to the hospital for donation. They asked me to send them Rs. 300 for petrol. I sent them money through Online wallet and waited till evening and I kept calling them but they switched off their mobile. Around 5 pm, another person named Punith contacted me and said he was coming for donation and asked me to send Rs. 400 which I sent immediately as we were in desperate need as the other three people stopped responding and the doctor was asking us to arrange immediately. This person too scammed us and switched off his mobile," he said.

He waited till 7 pm but at last with no option left, he ran to a blood bank and paid Rs. 2,500 for two units of blood. "I did not have money with me and had to borrow from my friends in Haveri."

He said that he couldn't find donors for A positive blood group and he did not know that they didn't have to pay money to get blood. "The blood bank I visited asked me to pay Rs. 1,250 per unit and gave me an acknowledgment for Rs. 400 instead of asking me to arrange for replacement," he said.

Arun Menon, a coordinator for The Save Life initiative, an NGO in East Bengaluru, said that this is the first time they are hearing of scammers taking money in the pretext of blood donation.

"Both patients and attendees need to be warned about this. They shouldn't pay money to strangers even if they claim to be donors. No donor would ever ask for money. The blood bank charging money is also something new. It is ethically not right to take money from people who are desperate and have no other option than paying for blood. This would affect the donors as once they get to know that someone is profiting from their blood, they wouldn't come forward to donate. This has to be checked and stopped," he said.

Egg in mid-day meal is hot potato

The Karnataka government has begun distribution of eggs to school children in seven districts of the state where the malnourishment indicator is alarming from December 1. The decision has angered a section of society who are demanding that eggs shouldnt be distributed inside schools as it encourages discrimination among school going children.

Another section supporting egg supplements to school children claims that this project should not stop as protein supplement is badly needed by the students. They say children who have easier access to better nutrition have better education outcomes.

The BJP-JD (S) coalition government in 2007, then headed by HD Kumaraswamy, had rolled back its project of distributing eggs to school children, succumbing to pressure from religious groups. But, it is to be seen how the BJP government responds to the issue.

Education Minister BC Nagesh told IANS that the scheme has been implemented with people opposing and favouring it. "There is no substitution for egg as such. There is soyabean, but children won't eat it. The project has been implemented with an intention to address malnutrition among children," he stated.

From December 1, the Karnataka government has started providing boiled eggs and bananas to children studying in government aided schools, aged between six and 15 years and suffering from malnutrition, anaemia and deficiency of proteins. As many as 14,44,322 students in the first standard to the eighth standard in Bidar, Raichur, Kalaburagi, Yadgir, Koppal, Ballary and Vijayapura districts would be the beneficiaries. —IANS

LAST DAY TODAY
India's Most Popular JEWELLERY EXHIBITION
Witness the widest array of Fine Jewels from all over India
WEDDING JEWELLERY EDITION
IMAGE : KHEA JEWELLERY
VK
ವಿಜಯ ಕರ್ನಾಟಕ
VIJAY KARNATAKA
ASIA Jewels
Showcase of Fine Jewellery
4-5-6 DECEMBER
Sat, Sun, Mon | Time : 10.30 am to 8.00 pm
TAJ MG Road, Bengaluru
Entry & Valet Parking Free
Priceless & Most Beautiful Jewellery From India's Top Jewellers
The Most Exhilarating Shopping Experience for Jewellery
FINE GOLD JEWELLERY | DIAMOND JEWELLERY | PLATINUM JEWELLERY | TRADITIONAL JEWELLERY
WEDDING JEWELLERY | PRECIOUS STONE JEWELLERY | KUNDAN & POLKI JEWELLERY
an HRSMEDIA WE CONNECT PEOPLE event | With all Govt. COVID-19 Guidelines

Young feel it in their bones

Osteoarthritis is becoming common in many below 40, docs suspect WFH played a role

Melvin Mathew
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

The lack of adequate exercise coupled with the sedentary lifestyle has become a key factor for the progression of the condition at a faster rate

Due to people being cooped up in their houses as a result of the pandemic, doctors say that knee osteoarthritis in patients has begun to manifest at a younger stage. However, medical experts note that though there has not been a significant increase in the numbers, patients are witnessing the progression of their conditions at an earlier stage.

"Younger people are developing knee pains and knee arthritis. This is probably multifactorial, due to a combination of multiple factors, such as – obesity, tendency to be seated for prolonged periods, lower physical activity, less time spent outdoors, more urban lifestyles and prior injury to the knee. Some diseases like Rheumatoid Arthritis and other similar conditions cause an early onset of knee osteoarthritis. Some people have deformities in their lower limbs, and this may also predispose them to develop osteoarthritis at a younger age," said Dr Shankar R Kurpad, Consultant (Orthopedic Surgeon,) Manipal Hospital (Yeshwanthpur).

Due to the pandemic and the subsequent WFH-scenario, people have had lesser mobility compared to other years. The lack of adequate exercise coupled with the sedentary lifestyle has become a key factor for the progression of the condition at a faster rate. "Due to lack of mobility, patients are complaining of symptoms like stiffness in the knees as an early progression of their condition," said Dr J.V. Srinivas, Lead Consultant - Orthopaedics, Aster RV Hospital. Another key concern that doctors raised is the condition worsening in people with an athletic past in their younger days and who suffer from asymptomatic injuries for prolonged periods.

"Athletic youngsters may sustain injuries to their knees. Sometimes, the youngster may consider an injury as a 'minor injury', whereas, in reality, the injury may have been significant. Over time, this neglected injury could have a negative impact on the knee. Some injuries involve the smooth surface cartilage of the joint, and this does not heal too well, which may predispose to earlier onset of degenerative changes & osteoarthritis." said Dr Shankar.

"Many youngsters do sustain sports-related knee injuries at a young age when they are fit. Over time, some of them get caught up with work and life pressures and are unable to maintain an active lifestyle. Under the impact of these other lifestyle issues, some of these people end up gaining weight. Obesity may accelerate the degenerative process and cause them to present with early-onset osteoarthritis." he added.

Although there is a direct connection between an active lifestyle at a young age and osteoarthritis, an unattended injury incurred during younger days could progress into osteoarthritis.

Dr Raghu Nagaraj, a Senior Consultant at Orthopaedics and Bone and Joint Surgery division of the Fortis Hospital (Cunningham Road) noted that the most common treatment osteoarthritis, knee- replacement surgeries are usually only performed on patients above the age of 45, but now even younger patients are requiring knee treatment. "A 33-year-old young man came to the hospital with arthritis and a ligament tear. The patient had ignored an asymptomatic injury for 10 years causing the progression.

Medical experts note that there has not been a significant increase in the numbers, but patients are witnessing the progression of their conditions at an earlier stage

We can't conduct knee-replacement surgery for a patient below 45 years and hence we had to perform a knee-salvage surgery. An osteotomy was conducted on the knee to redirect the realignment of the leg so that body weight is focused towards the middle," he said. The surgery is a short-time solution to reduce the rate of progression and buys sufficient time for patients until they are eligible for knee-replacement surgery.

According to experts, the percentage of people with osteoarthritis is not exactly known. It is estimated to be affecting about 20 to 24 per cent of our population above 40 years of age. However, note that there is a gradual increase in people younger than 40 presenting with such symptoms over the past 1-2 years. Doctors advise not to ignore any injury and get it immediately evaluated by a medical professional. "People who suffer from knee injuries should seek medical evaluation and go through proper rehabilitation before getting back on the sports field," said Dr Raghu.

"Sustaining sports injuries to the knee joint can have long term implications especially if the knee joint surface cartilage was injured, or the injury was not recognised or not treated in time. If the knee injury resulted in instability of the knee, then the knee would be predisposed to early degeneration and arthritis develops at a younger age.

Sometimes, the injury is of such severity that even with the best of treatment and efforts, restoration to normalcy does not occur," noted Dr Shankar.

Doctors also suggest athletic youngsters play carefully and undertake required precautions and warm up before playing and cool off the game with stretching exercises.

Cong using money to win LC polls: Bommai

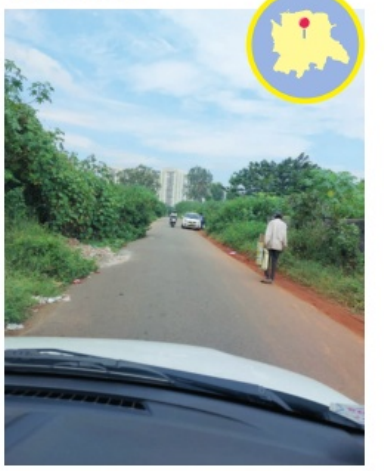
Karnataka Chief Minister Basavaraj Bommai on Sunday accused the Congress of trying to win the Legislative Council elections scheduled to be held on December 10 using 'money power' and claimed that it has lost people's support.

Addressing 'Vijay Sankalp' convention organised by the BJP at Attibele, Bommai said, "The Congress had stooped to the level of using any means to win the election. Fielding those with moneybags as its candidates, making them pay big for the party kitty. Fall of morality in Congress party is clear. People should show Congress its place as the party is trying to win the election through immoral splurge of money." Refuting former CM Siddaramaiah's allegations that BJP always used money and muscle power to win elections, Bommai said it is the Congress party which indulged in money distribution. "What morality do you talk about when you are banking on money for selecting candidates to fight the election? You (Siddaramaiah) did not bother to look at Gram Panchayats when in power. Your promise just ahead of 2017 election to distribute one lakh houses has remained a promise," Bommai told the gathering. The CM further said the BJP-led government in the state has initiated steps to build one lakh homes in urban areas and four lakh homes in rural areas, which would be completed in the next one and half years. – PTI

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Trashy road
Yelahanka



The road connecting the National Highway and GKVK Layout is surrounded by plants that must be trimmed.

Rough road
Lingarajapuram

The stretch near St Charles College's bus stop is badly damaged and needs to be repaired.

Clear this mess
Jayanagar

These abandoned push carts and trash have not been cleared from the Ragigudda Temple Road for the past six months.

Police to probe allegation of custodial torture

Bellie Thomas
bellie.thomas@timesgroup.com
TWEETS @Bellie_Mirror

The Deputy Commissioner of Police, West Division, has ordered a departmental inquiry into an alleged incident of police brutality on a 22-year-old man, a habitual offender, by a police sub-inspector and three to four constables attached to the Byatarayanapura police station on Friday. A badly injured Tousif Pasha is undergoing treatment at the Victoria Hospital.

DCP (West) Sanjeev Patil has directed the ACP Kengeri Gate to conduct the inquiry and submit a report at the earliest.

According to sources, a woman he knew approached Pasha, a resident of Byatarayanapura, to complain that a construction labourer - who hails from Bihar, was harassing her. Pasha is said to have talked to the labourer, warned him and roughed him up. He is then said to have tried to extort the labourer so the latter approached the Byatarayanapura police and filed a complaint against Pasha.

Based on this complaint, the Byatarayanapura cops picked up Pasha on Saturday and brought him to the station. He was allegedly beaten up black and blue by three to four constables led by a sub-inspector. It is also alleged that a sub-inspector cut his his beard against his wishes and flushed it in the police station's toilet. They are said to have then assaulted him and when he requested for water, one of the cops allegedly offered his urine to drink. The victim also alleged that he has been hit on his private parts and he started bleeding so he was taken to the hospital.

> **He had also told the doctors of Victoria Hospital that he sustained the injuries due to quarrel with the construction worker**
>
> –Shankar Naik, inspector

Meanwhile, Byatarayanapura police inspector Shankar Naik told Bangalore Mirror that Tousif had sustained injuries during his quarrell with the labourer.

He said all allegations levelled by Pasha are baseless and false. "He had also told the doctors of Victoria Hospital that he sustained the injuries due to quarrel with the construction worker on which an MLC was also done," Naik added.

Deputy Commissioner of Police Sanjeev Patil told Bangalore Mirror that an inquiry is on, headed by ACP Kengeri Gate who will submit a report. "If there is any incidence of high-handedness by the police, it would be dealt with a firm hand," Patil said.

Another senior police officer said that since the BBMP elections are round the corner, there are efforts of one-upmanship in Byatarayanapura and that these "blind and blatant allegations against the police" are a part of a publicity stunt.

Resting in peace

Pet parents laud tranquillity of PFA's pet cemetery, donate even in tough circumstances to ensure help reaches other injured, abandoned animals

Bellie Thomas
bellie.thomas@timesgroup.com
TWEETS @Bellie_Mirror

There is space for all pets here; above is the graveyard of Chilli Chicken, who use to wake its owners up early in the morning

The pet cemetery situated inside the six-acre plot of the People For Animals (PFA) hospital premise is a truly tranquil place. Pet parents of all walks of life and religions come here to give their best friends a dignified farewell. "In a month, on an average, there would be around 60 pet burials - during the pre-covid times," PFA's General Manager and senior vet Col Navaz Shariff tells Bangalore Mirror.

The pandemic has been tough and despite the restrictions during the lockdowns, the organisation managed to conduct 45 burials a month. And even if they financially in a tight spot, pet parents are trying to keep the donations going -- even in installments every year, Shariff added.

According to Shariff, wildlife rescue and rehabilitation is a costly affair for PFA, so the organisation struggles to make judicious use of donations. "But it is these donations that we use to tend to sick animals and reptiles. We tell pet parents that their pets resting here helps give life to so many injured and displaced urban wildlife of the city," Shariff added.

The PFA cemetery is not just a burial space for dogs or cats. A couple of years ago, a family came with their dead rooster named 'Chilli Chicken'. The words on the rooster's gravestone indicate how well-loved the bird was. Rabbits, birds, mice, guinea pigs, fish and also most recently a goat are buried here.

What is unique is, this burial ground is for all religions -- all pet parents conduct the rituals based on the religions they follow. Some pet parents keep visiting their loved ones even after their final rites are over. "They even come on the third day and the eleventh day to conduct rituals as per their religious tradition and culture. They also visit around twice a year, on their pet's birthdays and or death anniversary and make a donation at the shelter/hospital to feed the injured and sick wild animals that arrive there," he said.

Pet parent Bharath Kumar said this cemetery is a very peaceful space. "And the donation is for a good cause to rescue animals in the name of our own beloved pets. I will suggest people must support this organsiation to help other animals and reptiles," he said.

Gayathri Hiremath, who buried her pet Fluffy here a couple of months ago, said the staff really do care for the animals. "They decorated the grave on the 11th day as per my request," she said.

During the pandemic, burials were affected but PFA's ambulance would go get the pets from their homes and animal welfare officers were given covid passes as their services were considered essential. "As we had an ambulance and Covid Passes, we came up with a pickup service for burials. Most of the burials were done during the night," Shariff said.

BENGALURU

Hosts Karnataka Police get off to a winning start

Hosts Karnataka Police got off to a rollicking start here at the ongoing 70th All India Police Hockey Championship 2021 on Sunday. Led by NB Pradeep, Karnataka Police defeated the formidable Haryana Police 5-3 in a thrilling pool D encounter. Playing in front of a packed home stadium, which also included Olympic hero and Dhyan Chand awardee Manuel Frederick, Karnataka Police made an attacking start with skipper Pradeep fetching an early 1-0 lead with a brilliant goal in the 10th minute. Earlier in the day, CRPF Delhi beat Odisha Police 7-1 in the women's pool A match. In another match, Odisha Police held Sashastra Seema Bal (SSB) to a 4-4 draw in their pool C clash. BSF Jalandhar, meanwhile, registered another fine win as they trounced Uttarakhand Police 5-0. In the Pool E match, Puducherry Police beat Jharkhand Police 1-9.

A wave in BJP's favour, says BSY

Senior BJP leader BS Yediyurappa on Sunday claimed that there is a wave of public support in favour of his party in the country and the Congress will continue to sit in the opposition for the next 25 years.

"There is a wave in favour of BJP across the country. The Congress is going to remain in opposition for the next 25 years in Lok Sabha. The Congress is somehow breathing here in Karnataka," Yediyurappa told reporters here. The BJP strongman was replying to a query on veteran Congress leader Mallikarjun Kharge's alleged remarks on Prime Minister Narendra Modi's failure on the development front. Yediyurappa said as a senior Congress leader, Kharge should speak responsibly when the entire world admires Modi. "Ghulam Nabi Azad has said the BJP and not the Congress will come to power next time. In this situation, if Kharge makes such comments who will value his words?" Yediyurappa said.

Why cabbies take detour to KIA

CONTINUED FROM PAGE 1

at Kannamangala Gate and Kannamangala Palya," Savitha told Bangalore Mirror.

Another police official who was part of the meeting explained: "Many of the trucks are now avoiding the toll. So, following Google Maps, they are taking interior routes. Most of these interior routes have narrow roads. With heavy rainfall, along with heavy traffic movement in the neighbourhood roads, the condition of these roads have worsened of late. The citizens living in the area are complaining they are unable to cross the road due to heavy traffic. We wonder when there can be a toll-free service road where there is an option for motorists to choose either to travel on tolled roads which are linked with multiple flyovers for smooth movement or take the toll-free service road. Now, we are submitting a request to the NHAI and it is up to the authorities to take a call."

However, a source in NHAI said the highways regulatory body is unlikely to yield as the toll plaza is located at a point where maximum toll can be collected from airport users.

Even regular road users to the airport say they are facing a lot of problems due to lack of service roads.

"Many of the cab drivers refuse to take the toll road due to the hefty toll. Hence, to avoid the toll, they drive on the narrow roads which are quite scary. I have personally told the cab drivers to go on the tolled highway every time I travel to and fro and yet many of the drivers try to take the interior roads," said Ramya R, a techie and a frequent traveller to the airport.

Your Connect

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111 / 9986482217
Email: ebenezer.winston@timesgroup.com
All digital payment solutions available

TIMES interact
BOOK YOUR CLASSIFIEDS AD
in 3 easy steps
logon to
ads.timesgroup.com
Times of India official Ad Booking Platform
1. Select City & Publication
2. Create / Upload your own Ad
3. Book & Pay online
Readymade Creatives | Exclusive Offers
Scan me

real estate

BANGALORE PROPERTIES

BASAVANAGUDI

3BHK ready2move spacious flats for sale in Basvanagudi, Khazi street. 50mtrs from Metro station. Rs 1.29 Cr. 9739702982, 9739703182

JAKKASANDARA

SURVEY No 37/1 1 acre 3 Gunta this land is residential conversion survey No 42/4 26 gunta is farme land conversion attached to Industrial Area 1km to 3rd phase KIADB Industrial Area Harohalli Jakksandra. Contact 9606154546

JAYANAGAR

SALE Commercial Plot in Jayanagar 4th T Block measuring 45 x 90 West Facing on 26th main Price Rs 25k Persft Nego.Call 98441 99067

JP NAGAR

3BHK ready2move flat for sale with cauvery water and lift in JP Nagar near Nandhini hotel. 1290sqft, North facing. Rs 85 Lks. 9739703182, 9739702982

FOR SALE

BANGALORE

PLOTS for sale in Privilege Green Groves - 9 Acres Of DTCP & RERA Approved Layout Located near Volvo Bus plant, Hoskote Contact : 7259139999, 8951297649

THE TIMES GROUP
Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

jobs

SITUATION VACANT

IT RELATED

I.T. PROFESSIONAL

IMMDTLY required - Expert in Java SpringBoot, Hibernate, Struts. Exp: 3-5yrs, Salary: 3-8L. M: 9886423511 Loc: B'lore. Email: 2021hr2022@gmail.com

OTHER VACANCIES

PART TIME JOBS

GLOBAL International Friendship Club Reqd M & F Daily Earn 10,000 To 15,000 PF & ESI Benefits with Food & RM Whtsapp 9513045046/ 7022770604

WORK FROM HOME

JOB OPPORTUNITY MNC Looking for PUC & Graduates, 25 To 65 Years Old. Those Who Are Interested in Malleshwarm. Call: 7019215249/ 9886641282

GOVERNMENT Affiliate Data Entry Typing Work From Home, Daily Payment, No Target, No accuracy, With Govt Bond. For details M:9742344447

personal

CHANGE OF NAME

I Shravani Madhugiri Anjan Kumar D/O, Anjan Kumar Madhugiri Shankar Narayan Rao R/o #4134, Tower 4, Prestige Bagamane Temple Bells, Jawaregowda Nagar, Rajarajeshwari Nagar, Bengaluru-98 have changed my name to Shravani Madhugiri

I Shravanthi Madhugiri Anjan Kumar D/O, Anjan Kumar Madhugiri Shankar Narayan Rao R/o #4134, Tower 4, Prestige Bagamane Temple Bells, Jawaregowda Nagar, Rajarajeshwari Nagar, Bengaluru-98 have changed my name to Shravanthi Madhugiri

I, Vijayanand Jagadeesan R/o Wlr-014, Dlf Woodland Heights, Rajapura Village, Anekal Tq, Jigani, Bangalore 560105 have changed my minor daughter's name from Thanshika to Thanshika Vijayanand

I Bibi Saira Banu Mohamed Meeran Saheb W/O, Meeran Mohtesham R/o 53/1 Muniswamappa Road Jc Nagar Bangalore 560006 have changed my name to Bibi Saira Banu

I Vinay Raju R S/O, Ranga Raju S (late) R/o 175/y, 2nd Floor, 13th Main, Rajajinagar 3rd Block, Bangalore 560010 have changed my name to Vinay Raj R

TIMES interact
ANNOUNCE YOUR CHANGE OF NAME
The Times of India
Bengaluru
+
Vijay Karnataka
Bengaluru
at
Rs. 850
for 5 lines and
extra line is Rs.170
For Booking Contact
+91 99864 82217

GALLERIA

WORLD FAMOUS ASTROLOGER
BABA NOOR KHAN 15 Years Same Location
Fees after Work
9972131748 40 Years Experience
Specialist in Husband & Wife, Second Wife Problem, Family Dispute, Love Affairs, Children, Home, Property, Education, Relationship Issues, Remove Evil Spells, Enemy, Inside & Outside Problems, A to Z Solutions.
100% Solutions provided any other complicated problem of life
SPL: Vashikaran, Muthkarni, Black Magic Etc...
SHIVAJINAGAR Bus Stand, Near Sangeet Theater
Mail: noorkhanastrologer@gmail.com

Limit indoor gatherings, now on please

CONTINUED FROM PAGE 1

Meanwhile, Dr Jagadish Hiremath, chairman at Aasra Hospital, said: "Covid, being a highly contagious disease, spreads easily among a large number of people at indoor congregations. With more and more clusters being found, it is advisable to reduce the number of indoor events furthermore. If possible, banning public gatherings till the cases come down would help reduce chances of the spread of covid to a greater extent. A restriction on allowing children and people aged over 60 years to indoor congregations is highly advisable."

Dr Neha Mishra, consultant, infectious diseases, Manipal Hospital, Old Airport Road, pointed out that for any viral disease with rapid dissemination, close proximity and indoor gatherings without adequate masking can increase the risk of rapid spread. "At present we have enough data to mention that Omicron is a coronavirus variant that spreads faster than any other, although cases reported so far are mild. We should remember that face masks are probably the most important step in covid-19 prevention. Anyone who is still unvaccinated, should get that second shot immediately."

Professor Dr Naseem A Hussain, senior specialist, internal medicine, Specialist Hospital, stressed on the need for conducting more tests: "Gatherings of less than 200 people are acceptable. To get tested, with tools like RT PCR and RAT upon development of symptoms, even minor symptoms, is a must. Vaccines — 2 doses + face mask + 6 feet distance — remain the best public health measure to protect people from Omicron transmission, and reduce the likelihood of new variants emerging.

The CDC (Centers for Disease Control and Prevention) continues to recommend wearing a mask in public indoor gatherings in areas of substantial or high community transmission, regardless of vaccination status. Vaccines are highly effective at preventing severe illness, hospitalisations, and death; hence, should be administered on priority."

AFTER CENTRE'S WARNING, HIGH ALERT IN 4 DISTS

The Karnataka health department has increased vigilance on the prevailing Covid situation in four districts of the state as the union government in a letter has warned of rising cases in these districts and urged the state government to initiate action.

Union Ministry of Health and Family Welfare Secretary, Rajesh Bhushan in his letter to the state, said that Tumakuru district has seen 152 per cent spike in Covid cases which have witnessed a jump from 46 on November 19 to 116 on December 2.

Dharwad saw a rise of 21 per cent, Bengaluru Urban 19 per cent and Mysuru 16.5 per cent. The letter says steps have to be taken to contain the infection and reduce the fatality. It also emphasised to adopt test, track, treat and vaccinate method and follow Covid appropriate behaviour.

Good jab K'taka: We're third in the country

64% of the state's population is fully vaccinated and 93% have got the first dose

Iffath Fathima
iffath.fathima
@timesgroup.com
TWEETS @BangaloreMirror

KAUSHIK JN

A woman gets a dose of covid vaccine at KR Puram Market

In spite of the vaccine hesitancy reported in many people, the state has however reached the third spot in the country with 64 per cent of its population having taken the second dose .

Though initially the state had planned to complete 100 per cent coverage of both doses by December-end, as of now it stands at 64 per cent for the second dose and 93 per cent for the first. The second dose coverage is still far from reaching 100% in a span of 25 more days remaining until this month end. However the officials pointed out that though the 100% coverage can't be achieved by the month end yet the number increase in vaccination coverage noticed so far has definitely been a good sign.

According to Cowin portal as on December 4, in respect with the total population, the state with the highest coverage of the first dose is Gujarat at 94 per cent, and 75 per cent second dosage coverage. Madhya Pradesh is in the second spot, with a coverage of 93 per cent of first dose and 70 per cent of second, and Karnataka at third spot with the same coverage of first dosage as Madhya Pradesh, however 64% total coverage of second dosage.

Fourth in line is Andhra Pradesh at 90 per cent of the first dose and 64 per cent of second dose coverage. And West Bengal is at the fifth spot with 88 per cent first dose coverage and 42 per cent second dose coverage.

Randeep D, Commissioner of Health and Family Welfare, said, "

"With the new variant, it is important to get vaccinated. It is one of main safeguards. The state should ramp up vaccination programmes

–A public health expert

The vaccination numbers have been increasing. With the har ghar dastak campaign launched by the Centre and us implementing it in the state, the healthcare workers are going door-to-door to vaccinate individuals, so the number of vaccinations have increased. The hesitancy has also come down. The focus is on carrying out a high number of second dose coverage. This way there is less chance of severe infection. We need to congratulate all the healthcare workers and vaccinators who made this happen."

If only the number of doses administered are seen, then Uttar Pradesh has the highest second dosage coverage with 5.29 crore doses administered, followed by Maharashtra at 4.24 crore, Madhya Pradesh with 3.86 crore, Gujarat at 3.67 crore and Karnataka at the fifth spot with 3.14 crore.

A public health expert said, "With the new variant, one should know that it is very important to get vaccinated. It is one of main safeguards. The state should ramp up its vaccination to increase numbers now. They should ensure all the elderly are vaccinated and the ones with comorbidities get double dose."

As of Sunday, 7,71,55,782 people have been vaccinated in the state -- with over 4,56,22,129 have been administered with first dose and 3,15,33,653 with the second dose.

Uptick in Covid cases

For the last few days, there is a slight increase in Covid cases in Bengaluru as well Karnataka. On Sunday, covid cases in the city hit a new high with 256 testing positive (456 in the State). Sources in the health department said that since the outbreak of Omicron variant, they have increased testing and this is causing the slight increase in number of Covid cases. However, the total positivity rate (TPR) which was 0.34 per cent on Saturday has gone up to 0.41 per cent. Health experts say that the trend needs to be checked for a few more days to know if the increase is a blip or a gradual increase.

School cluster

Meanwhile, 69 people including 59 students of the Jawahar Navodaya Vidyalaya in Chikkamagaluru district have tested positive for covid and all are asymptomatic. "We had conducted tests on 457 people in the JNV here, of which 59 students and 10 staffers tested positive. They are asymptomatic but we have isolated them," District Health Officer Dr S N Umesh said.

The officer said the test reports of all the people who were tested have arrived. Umesh also said the teaching and other staff in the JNV have been vaccinated. According to districty authority sources, the school has been sealed temporarily and doctors and paramedical staff have been deployed there. Rooms are also being sanitised, they added.

The schools and colleges, especially residential ones in the state, are witnessing a spurt in covid cases. However, the severity of the infection and fatalities are almost nil as most of the students and staff are asymptomatic. Chief Minister Basavaraj Bommai had recently said that the covid-19 cases are appearing in two types of clusters -- one is the schools and colleges, and second one is the residential apartments.

–BMB + Agencies

Tourists leaving CAB behind while on holiday

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

PIC COURTESY: RACHAYYA SS

Covid Appropriate Behaviour is clearly missing in Hampi

Locals at tourist destinations want visitors to maintain distancing and wear masks but tourists are not willing to let any restrictions come in the way of their fun

Authorities are finding it tough to enforce Covid Appropriate Behaviour in tourist spots. As it is the last month of the year, many are preferring to head out of the city to their favourite destinations. However, most believe that once they cross the Bengaluru borders, there is no need to wear a mask.

Many of the locals in those areas are objecting to this and insist that tourists keep their masks on while in public.

Vishwanath Malagi, who heads the Vijayanagar Smaraka Samskruti Samrakshana Sene (a citizens' body fighting for the restoration of ancient sites around Hampi), said, "It is a welcome scene to see that tourists are thronging Hampi as for most part of the year, we didn't have tourists and the business was hit. However, we would like to insist that the tourists wear masks at all times and maintain physical distance. We should not forget that the Covid is still around and with Omicron variant making way, lowering the guard can only lead to more infections."

Rachayya SS, a photo journalist, told BM they want the authorities to toughen the rules and conduct temperature check before allowing the tourists. "We don't want to see a rise in cases among the community and so it is better to take prevention." However, authorities say that it is extremely difficult to make people wear masks.

"We are seeing people standing next to each other in queue for boarding battery operated vehicles. We are trying to tell them to maintain distance as everyone will get a chance but not many are not in a mood to listen to us."

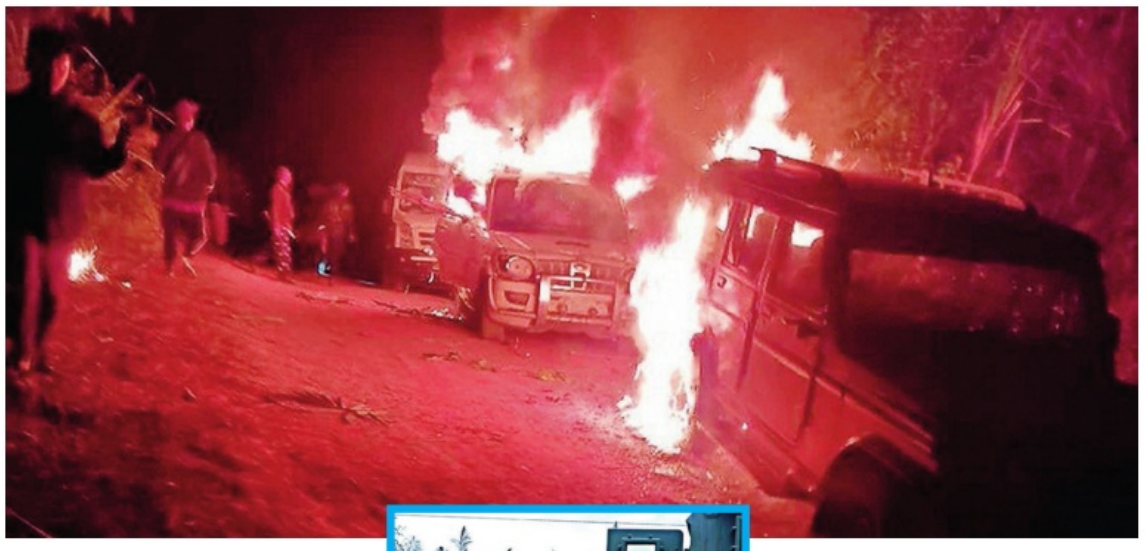
Many travellers say that they want to travel now as they fear restrictions may be imposed in the near future. "We have been stuck at home for most part of the year. Despite clarification from the government, there is always fear that restrictions may be re-imposed if the cases rise. So, as this is a year end and we don't have any restrictions, it is better to travel," said a traveller who didn't want to be named.

 # Priyanka Chaturvedi quits Sansad TV show
Protesting her "arbitrary suspension" from the Rajya Sabha, Shiv Sena member Priyanka Chaturvedi on Sunday stepped down as an anchor for the Sansad TV show "Meri Kahani"

BangaloreMirror | 8
Monday, December 6, 2021
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

13 civilians gunned down by 'mistake'

Riot breaks out in Nagaland's Mon after mine workers shot dead



Angry villagers burn vehicles belonging to security personnel. Inset: A soldier stands guard on a highway on the outskirts of Kohima, Nagaland, on Sunday

#KOHIMA/GUWAHATI/ NEW DELHI

Security forces opened fire on civilians killing 13 and injuring 11 more in Nagaland's Mon district in two consecutive incidents of firing the first of which was possibly a case of mistaken identity, police said on Sunday. One soldier also died in rioting which followed.

The first firing which killed six civilians occurred when army personnel mistook coal mine workers returning home in a pick-up van singing songs on Saturday evening, to be insurgents belonging to the Yung Aung faction of proscribed outfit NSCN (K), about whose movements they had been tipped off.

As workers failed to reach their homes, local youth and villagers went in search of them and surrounded the army vehicles. In the ensuing melee one soldier was killed and army vehicles burnt down. Soldiers who fired in self-defence killed another seven civilians, said police officials.

Rioting spilled over into Sunday afternoon when angry mobs vandalised the offices of the Konyak Union and an Assam Rifles camp in the area. The Nagaland government through a notification has banned mobile, internet and data services as well as bulk SMS in the district to curb "circulation of inflammatory video's, pictures or text".

Police said that the post-mortem of the 13 killed is being conducted in Mon and feared that the number of fatalities may increase as at least two of those injured were critical and had to be evacuated to hospitals in Assam while the rest were being treated in Nagaland.

Ordering a Court of Inquiry into the incident, Army said one of its personnel was killed and several others were seriously injured. It said that the incident and its aftermath is "deeply regretted" and the unfortunate loss of lives is being investigated at the highest level.

The state government has constituted a five-member Special Investigation Team (SIT) headed by IGP Nagaland, officials said. Chief Minister Neiphiu Rio promised a high-level probe into the incident and appealed to all sections of the society to maintain peace.

Mon shares a porous international border with Myanmar, where the Yung Aung faction of NSCN (K) is based.

Home Minister Amit Shah too tweeted his anguish and expressed "deepest condolences to the families of those who have lost their lives..."

Reacting to the incident, Gandhi said in a post on social media "GOI must give a real reply. What exactly is the home ministry doing when neither civilians nor security personnel are safe in our own land?" **—PTI**

Omicron patient in Delhi fully vaxxed, has mild symptoms

#NEW DELHI

The Tanzania returnee, who tested positive for covid-19 Omicron variant, has mild symptoms as he had taken both doses of the vaccine, informed Dr Suresh Kumar, Medical Director of LNJP Hospital on Sunday.

Speaking to ANI, Dr Kumar said: "The Tanzania returnee experienced a sore throat, weakness and body ache. His contact tracing is being done. He had taken both doses of COVID-19 vaccine due to which he had mild symptoms."

He further informed that a total of 23 patients who come from abroad are presently admitted at Lok Nayak Jai Prakash Narayan Hospital, which is the designated centre for Omicron treatment. Of these, 17 patients are foreign travellers who returned to Delhi and tested positive for covid-19 while the rest six are their close contacts and awaiting their covid test results, he said. "All 17 covid-19 patients admitted at LNJP are in stable condition. Most patients are asymptomatic. Four more people have been admitted today. A special team has been constituted to attend to Omicron cases," said Dr Kumar.

According to the LNJP Hospital Medical Director, the capacity of the genome sequencing lab at LNJP Hospital has been increased from 30-40 samples per day to 100 samples per day.

The first patient infected with Omicron variant in Delhi is being treated at LNJP Hospital

In light of the Omicron infection, the number of beds will be increased as per requirement, he said. The Omicron ward at the hospital presently has 40 beds and a separately dedicated team of doctors and staff has been deployed which functions round the clock.

"We have also made separate arrangements for ICU. If any patient has low oxygen levels, they can be given oxygen support in the ICU immediately. We have all the staff required," Dr Kumar noted.

He has assured that if a situation arises, arrangements will be made at Ramlila Maidan. **-ANI**

Lockdown munchies: Parle biscuits sales surge

#MUMBAI

Parle Biscuits has posted a 38% increase in net sales during the year ended March 31, its highest growth in a decade as consumers stocked up on packaged food at home due to the Covid-19 pandemic.

The Parle Products flagship, which retails brands including Parle G, Monaco and Melody, posted sales of Rs 13,682 crore during the previous financial year, outpacing rivals including Britannia and Nestle to become the country's biggest food company by annual revenue. A year ago, it was the third largest food firm with sales of around Rs 9,946 crore.

"Seamless supply despite disruptions helped achieve one of the highest sales growth for the company in recent years," said Mayank Shah, senior category head at Parle Products. **- Sagar Malviya, ET**

HOW DO I...

Invest in LIC's proposed IPO as a policy holder?

If you are an LIC policyholder and want to take part in the insurer's proposed initial public offering (IPO), then you need to make sure your PAN details are updated in LIC's records and you need to have a demat account.

In relation to its proposed IPO, the LIC published an advertisement in leading newspapers on Saturday advising policyholders to update their Permanent Account Number (PAN) details and open demat accounts in order to participate in the offering.

"In order to participate in any such public offering policyholders will need to ensure that their PAN details are updated in the corporations records. Further, subscribing to any public offering in India is possible if you have a valid demat account. Accordingly policyholders must ensure that they have a valid demat account in place," stated the ad.

Now, if you are a policyholder who wants to invest in the proposed LIC IPO, if you do not have a demat account, here is how you can open a demat account. (These are as per an LIC advertisement):

To open a demat account:

Visit the website of either of the depository participants in which you want to open the demat account.

Life Insurance Corporation of India is set to float its IPO

You can choose from these links to find out about registered DPs :

- NSDL: https://www.sebi.gov.in/sebiweb/other/OtherAction.do?doRecognisedFpi=yes&intmId=19
- CDSL: https://www.sebi.gov.in/sebiweb/other/OtherAction.do?doRecognisedFpi=yes&intmId=18

The securities in the demat account are held by the depositary participant (DP). There are two DPs - National Securities Depository Ltd (NSDL) and the Central Depository Services India Ltd (CDSL). The DP that will hold your demat account will depend on which one your broking firm has tied up with. There is not much of a difference, anyway, between the services of the two DPs.

Provide these documents to the DP to open your demat account:

- Recent photograph
- PAN card
- Address Proof
- Cancelled cheque

-Sneha Kulkarni, ET Online

HEALTH TIP: It is recommended to avoid prolonged exposure of eyes to screens

Dried figs contain high levels of antioxidants, which help fight against the damage caused by free radicals

BangaloreMirror | 9
Monday, December 6, 2021
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I am 36 years old and my wife is 33. I used to drink a lot 10 years ago. My sex drive was healthy for the first three years of our marriage. But recently, I have been having trouble getting a proper erection during sex. Even when I do get one, it does not last for too long. My marriage is in bad shape because of this. I cannot visit a doctor because my wife is conservative.

Why does your wife being conservative stop you from going to the doctor? I suggest you get a medical check-up. It is important to figure out if you have diabetes or other health problems.

2 I am a 29-year-old married man. Whenever I have sex with my wife, I ejaculate within five seconds. I do not get an erection again after that. Both of us are unhappy about this. I have been married only for six months and we are already having problems.

Control your sexual pleasure centre. One way of doing this is to hold back intercourse and focus on foreplay until your wife reaches an orgasm. After 10 minutes, initiate intercourse and if you finish earlier than her, help her achieve her second orgasm with your fingers. Take a sixweek

3 I am 30 years old. We have a puja on 9 and 10 but my period is due on 8. Please suggest some medicines to postpone the date. Also, will it cause any side effects?

Ask your doctor to prescribe tablets that will delay your period. You should start this course four days before the puja.

MEET THE SEXPERTS

Use this QR code to send your questions to us

Wishing you good locks

Here are six easy hacks, from dry shampoo to hair extensions and more, to help you unlock thicker, fuller hair

Ria Bhatia
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

With the luxe and thick blowout hairdo speeding back in fashion, fuller hair is on everyone's checklist. If you have all the time and patience plus your hair has the threshold of dealing with heat tools every single day, you may have things sorted. But those who can't befriend heat and indulge in extensive blow-drying may struggle with achieving a thicker and fuller look that they're yearning for. However, these easy hacks sans any heat or devices can help with making your aspirational hairdo a sweet reality.

Smart chops

Yes, we all love and glorify long hair unabashedly. But, that may not be the best thing to do if you have fine hair and are looking for volume and bounce. Fine hair has the tendency to grow straggly after a point, making the ends look finer and thinner. It's best to give yourself a trim from time to time to steer clear from those thin ends and maintain a healthy and fuller-looking mane.

Picking the right ingredients

There are shampoos and conditioners that promise glossy and straighter hair and then there are shampoos and conditioners that promise volume, bounce and a fuller look. If you haven't gotten it already, you have to pick the latter and ditch the former. Any hair wash product that mentions silky, smooth or straight hair can likely weigh your hair down with heavy oils and butters, so you know what to do now.

Dry shampoo FTW

Dry shampoos aren't hyped for no good reason. All you need to do is go through some dismaying ones before you find The One. As finer hair is prone to getting oily, flat and unpleasant-looking sooner, cleansing and refreshing the scalp becomes inevitable. Now, shampooing every day may not be a wise thing to do. Enter dry shampoo. It'll rejuvenate your mane in just a few sprays and add volume and bounce too.

Part well, with care

If you're someone who always parts the hair on exactly the same side, you're not alone. This causes your hair to get accustomed to that setting, leaving no room for any additional perk ups. So, next time you need to give your hair a 'one-second makeover', try changing your parting and you'll be pleasantly surprised to see the newness and freshness it adds instantly.

Extensions can do so much

No, seeking support for extensions doesn't mean you don't have naturally good hair. You're simply making the best of your hair by topping it up with extensions as and where required. The right kind of extensions can help you achieve any look within a flash and look natural. From bangs to second hair-like locks, you've got 'em all.

Roll-proof your mane

Velcro rollers are the best way to add bounce, volume and life from the roots to the tips. Adding drama to your mane, they already do more than half of the job while bestowing a beautiful curly finish to your locks, all the way to the ends. The effects of these wondrous rollers can surpass your heat devices too.

MIRRORLIGHTS

Take eyes off dark circles

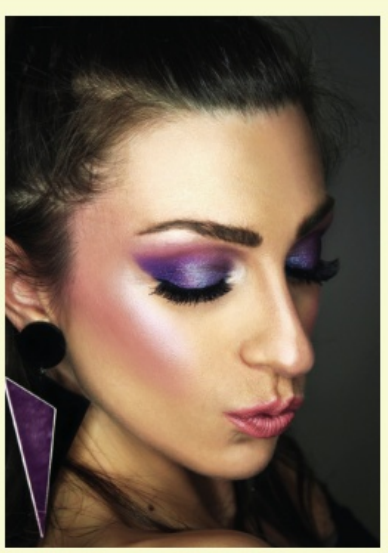
Sukriti Shahi
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

When it comes to eye makeup, we are mostly interested in accentuating the outer corners of eyes. From winged eyeliner to elongated flick, there are multiple makeup ideas for the outer corner of eyes. However, inner corners are often ignored and they are waiting for someone to take notice now. Thankfully, they got some attention recently, after being sported by several celebrities and we are super excited!

Inner-eye accent is created using an eyeshadow or pencil that's placed on the inner corner of the eyes. It basically is applied in an inverted direction to play around with light and shade in that area. One may wonder why we are hooked to the trend? It's one of the easiest ways to play with eye makeup that doesn't take much time and is chic to pull off. Secondly, if you notice closely, our noses block the light reaching the inner corners, pronouncing the dark circles. Therefore, experts also believe that an inner-eye accent can brighten up the spot, taking the attention away from dark circles.

There are different ways in which you can wear it. Rather than using the usual gold and copper shimmery shadows to highlight it, embellish the spot with bright shades that are in perfect sync with the eyeshadow.



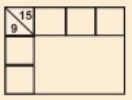
You can wear two shades of the same colour -- light and dark -- that complement each other. While the darker shade adds extra definition, the light brightens up the whole look.

Apply a dark eyeshadow on the inner corners to define it. You can add a hint of glitter or top it off with a metallic shade to enhance the look further. Using dark hues like black or brown make it look like an extension of the smokey eye look.

mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

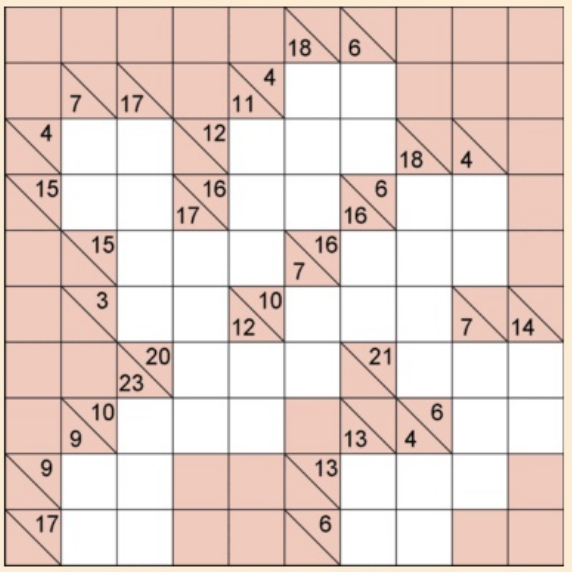
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

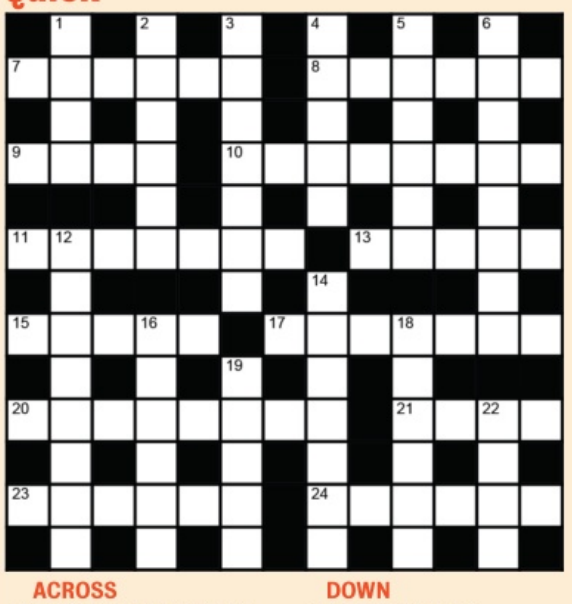


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Capital city of Canada (6)
8 Connected (6)
9 Hebrew measure–"pa he" anagram? (4)
10 Karnataka Rajyotsava is celebrated on the 1st of ____ (8)
11 Pays tribute (7)
13 Sanctify (5)
15 Condition (5)
17 Competition (7)
20 Venerate or respect? (4,2,2)
21 Eve's boy (4)
23 Eye part (6)
24 Piqued, irritated or irked (6)

DOWN

1 To discontinue (4)
2 Great desert (6)
3 Disheartened or intimidated (7)
4 Toil or work hard, in a way (5)
5 Creature or brute? (6)
6 Moves backwards (8)
12 Non-heretical (8)
14 Municipality, town or village (7)
16 Mementos (6)
18 Makes sweeping search as with net (6)
19 Pointed weapon (5)
22 Flat (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS T

GFC OQCMGCHG XZQBTCHH ZH GFC OQCMGCHG BCQJN.

Linemaro

Guess why I am sweating? I was working out

Mindchow

The reason men lie is that women ask too many questions

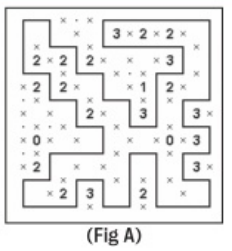
Joke of the day

The midget fortune-teller who escaped from prison was a small medium at large

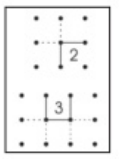
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

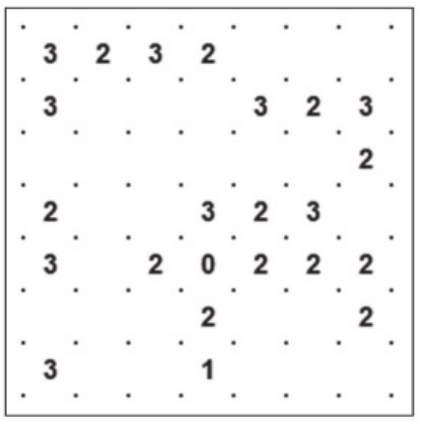


(Fig B) Not Allowed

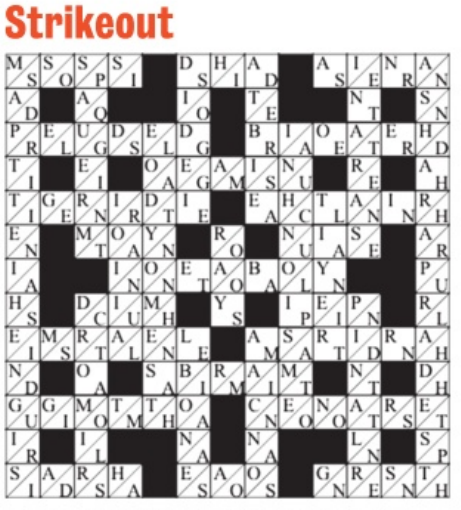
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



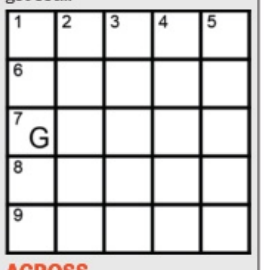
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

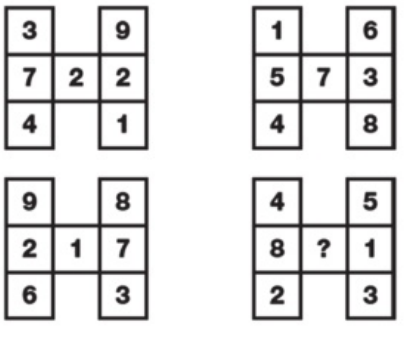
1 Melba; 6 R rear;
7 Organ; 8 So ear;
9 Smile

DOWN

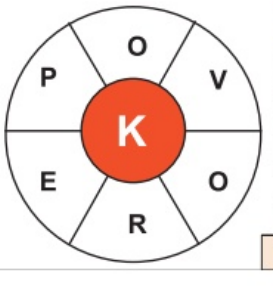
1 La rag; 2 IR Arm;
3 Mr Boo; 4 Easel;
5 Sneer

Mensapuzzle

Which number replaces the question mark and completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

SudokuChallenge

	3				4		5	
7			1		6			3
		1		3		6		
5	9						7	
		3				4		
	7						6	5
		2		6		5		
4			5		1			2
	1		8				4	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 4
3 4 4 7

Medium = 11
4 7 7 7

Hard = 40
3 6 7 4

Hocusfocus

Find at least six differences in details between panels.

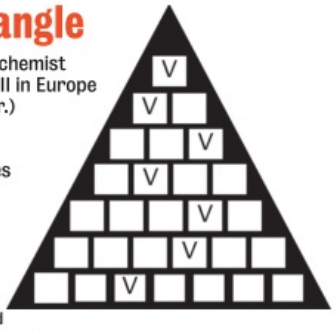
Differences: 1. Club is longer. 2. Bag is moved. 3. Shirt is longer. 4. Cap is smaller. 5. Vest neckline is different. 6. Hill is added in the distance.

Riddler

Below are five clues, each of which relates to the first line of a different Christmas carol or song. These clues only have the first letters of each of the words; 1. CROAOF 2. IDOAWC 3. RTRNRHAVSN 4. GGROBAR 5. IHABCWY

Alpha triangle

1 Vanadium for the chemist
2 _ Day, ending WW II in Europe
3 Clerical title (Abbr.)
4 Unceasingly
5 Wait on
6 Long musical notes
7 Counterpart

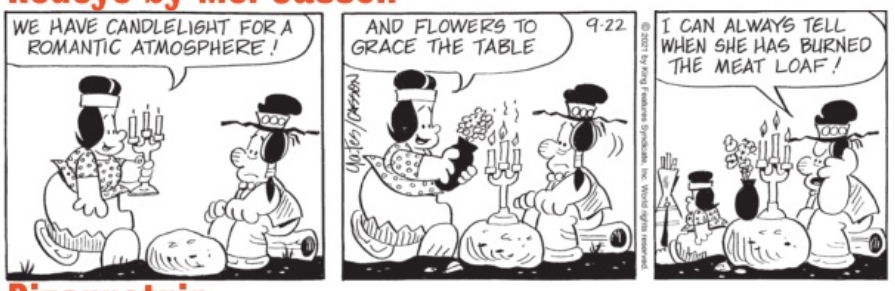


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Redeye by Mel Casson


WE HAVE CANDLELIGHT FOR A ROMANTIC ATMOSPHERE!
AND FLOWERS TO GRACE THE TABLE
9-22
I CAN ALWAYS TELL WHEN SHE HAS BURNED THE MEAT LOAF!

Bizarrotrip

Diamond Lil

HAVE YOU SEEN THAT NEW DOLL?
IT'S CALLED "AMY THE AUTOCORRECT WITCH"
WHAT'S SHE DO?
YOU PULL HER STRING AND SHE PUTS A SPELL ON YOU
©2021 creators.com 10/12
www.creators.com

Hart of the city

WHAT'S THIS ALL ABOUT? WHY DO YOU THINK I HATE YOU?
WE HAVEN'T DONE A LOT TOGETHER THIS TRIP, SO I THOUGHT I WAS BEING A BAD FRIEND.
OH, I THOUGHT YOU WERE HAVING FUN WITH KEVIN!
I AM!
HM.
NOTHING'S BEEN CLARIFIED. PASS ME ANOTHER MARSHMALLOW.
HEART OF THE CITY © 2021 AUDREYS MOMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

'The first thing that "Mordor Financial" did was to fire two-thirds of the newsroom staff.
'The paper wasn't dead...
'But we were certainly working with a skeleton staff.'
9-29
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may receive instant gains in your business, which may boost your confidence level as well as bank balance. Avoid stress in domestic life. You will experience a momentum on the business and work front. Your prestige may increase. You may also plan for an overseas trip.

Taurus Apr 21 – May 20
Today, students may expect positive results in their studies after in depth research. Singles may find their match. Understanding between your spouse and you may be good and will reflect in your domestic life. Spiritually you may have some direction in terms of knowledge. In business, you may make some new plans to overcome workflow-related issues.

Gemini May 21 – Jun 21
Today, things will not be favourable. You may feel dull and unhappy. Some mysterious fear may make you upset. You may be attracted to the occult. You may feel a lack of confidence, which may affect your work. It is best to avoid rash driving and risky adventure tours.

Cancer Jun 22 – July 23
Today you may be able to make a balance between your earnings and expenses, which may boost your bank balance. You may perform better in your job. Your boss may give you new responsibilities in terms of promotions. You may receive money which was stuck. You may be able to control your opponents and hidden enemies.

Leo Jul 24 – Aug 23
You may expect some smart gains of your past investments. You may achieve your goals with less effort. This may make you confident. You are advised to control your straightforwardness, or it may affect your terms with the people around you.

Virgo Aug 24 – Sep 23
Today you may feel negative vibrations around you, which may make you unhappy. You are advised to avoid making investments on worthless assets. You may also notice that friends and people around you may not be supportive today. You are advised to not to expect more from anyone in terms of help, otherwise it may make you nervous. It is advised to make independent decisions today.

Libra Sep 24 – Oct 22
Today you may not be able to present yourself logically. You may have a dull feeling, which may give you a lack of confidence. You need to follow your intuition while making decisions in terms of investment. People around you may not be cooperative in terms of routine work. You are advised to be careful about eating unhealthy food to avoid stomach issues.

Scorpio Oct 23 – Nov 22
Today, you are likely to be more excited due to the cooperation of your family and friends. You may plan to renovate your house or may bring some souvenirs to maintain your standard, which may improve your social status. You may expect an increase in fixed assets.

Sagittarius Nov 23 – Dec 22
Today you are in a good mood since the morning. This may make you romantic. You are advised to exercise to overcome your back pain. You may make some fruitful plans, which may be helpful in the near future in terms of profession. You may hear good news from your kids. Students may do better. Love birds can make some important decisions in terms of marriage.

Capricorn Dec 23 – Jan 20
Today you may meet some old friends or be busy in social get-togethers. You may be more excited today. New innovations may be there in terms of business. You may have some unexpected material gains. Kids may give good news in terms of studies. Love birds may enjoy their quality moments.

Aquarius Jan 21 – Feb 19
Today you are advised to control spending on worthless stuff, otherwise it may affect your savings. You are advised to avoid lending money. Anxiety may give you sleeplessness, so control your mind while making some important decisions. You are advised to not stray away from your responsibilities. You are advised to be practical today. You should avoid making emotional decisions.

Pisces Feb 20 – Mar 20
Today, your investments may yield profits, which may enhance your savings. You may get good profits in small investments. On the domestic front, your family may support you to maintain harmony. You may also be in the winning position from opponents and hidden enemies. You may get promotions or may experience a job change, which may increase professional stability.

KIDZONE

Hrithik S, 8 Years, Mount Scenario School

Arus H Halder, 12 Years, Orchid International School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

MENSAPUZZLE 5. In each H shape, the central number is equal to the difference between the sum of the 3 left hand numbers and the sum of the 3 right hand numbers.

BULL'S EYE perk, poke, poker, rook
pork, PROVOKE.

SOLVE IN 1M
16-1 = 15

QUOTE UNCODE
The greatest firmness is the greatest mercy.

FAST FIVE

A	M	B	L	E
R	A	R	E	R
G	R	O	A	N
A	R	O	S	E
L	I	M	E	S

STRIKE OUT

S	A	S	H	S	A	O	N	E	S	H
I	L	N	A	L	S					
G	I	O	T	O	C	E	N	T	R	E
N	O	A	I	M	A	T	N	D		
I	S	R	A	E	L	M	A	R	I	N	A
H	D	I	M	Y	P	E	P	R		
A	N	O	T	A	B	L	Y	P		
N	T	O	N	R	U	A	E	A		
I	G	N	I	T	E	E	C	L	A	I	R
T	I	A	G	A	I	N	R	H		
R	E	U	S	E	D	R	I	O	T	E	D
A	Q	O	E	N						

QUICK

X	S	R	H	S	N					
C	O	R	N	E	A	G	A	L	L	E	D
D	E	U	W	V						
L	O	O	K	U	P	T	O	A	B	E	L
H	O	S	R	N	D					
S	T	A	T	E	C	O	N	T	E	S	T
R	D	B	E							
H	O	M	A	G	E	S	B	L	E	S	S
R	T	E	A	R						
E	P	H	A	N	O	V	E	M	B	E	R
O	H	U	A	I	V					
O	T	T	A	W	A	L	I	N	K	E	D

RIDDLER
1. A Christmas Song (Chestnuts roasting on an open fire...),
2. White Christmas (I'm dreaming of a white Christmas...),
3. Rudolph the Red-Nosed Reindeer (Rudolph the red-nosed reindeer, had a very shiny nose...),
4. Grandma Got Run Over By a Reindeer (Grandma got run over by a reindeer...),
5. Blue Christmas (I'll have a blue Christmas without you...)

SUDOKU

9	1	5	8	2	3	7	4	6
4	6	7	5	9	1	8	3	2
3	8	2	4	6	7	5	1	9
8	7	4	9	1	2	3	6	5
1	2	3	6	7	5	4	9	8
5	9	6	3	4	8	2	7	1
2	5	1	7	3	9	6	8	4
7	4	8	1	5	6	9	2	3
6	3	9	2	8	4	1	5	7

ALPHA TRIANGLE
Easy
7 – 4 – 3 + 4 = 4
Medium
7 + 7 + 4 – 7 = 11
Hard
6 – 3 + 7 × 4 = 40

GO FIGURE
V, Ve, Rev, Ever, Verve, Brevets, Observers.

LOOP

KAKURO

Volume No 15, Issue No 119 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

 # The other Lipa

Singer Dua Lipa's little sister Rina, 20, has landed a "major" role – in a horror thriller flick. She says she was snapped up after an audition for the mystery movie, directed by Gianluigi Carella.

BangaloreMirror | 12
Monday, December 6, 2021
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

My shorts too short for you?

Well, Janhvi says she can't really help that as it is not her job to do so

Actor Janhvi Kapoor recently opened up about her gym looks and addressed those who have a problem with her gym shorts during a summit.

Revealing how she is flattered by fans who don't mind looking at her sweaty and tired post gym pictures, she told a leading news portal that one needs to 'take it with a pinch of salt'. She said that while going to the gym isn't the only thing that she does, she is extremely flattered by the attention that she gets.

She went on to say that if people have a problem with her gym shorts and the way she looks, it's completely okay for her as it's simply not her job. Infact she called it a consequence of her job.

Janhvi was also joined by Anil Kapoor who reacted to the same and jokingly complained that paparazzi only clicks Janhvi's pictures and not his. "They don't want to take my pictures, they only want Janhvi's pics. Otherwise, I will also go in front of the gym for pictures," he said.

Apart from this, Janhvi also talked up about social media and its positive-negative impacts. While she is now used to the critics, it's also the Kapoor family who is used to it.

Previously, it was Katrina Kaif who had commented about the young actress's gym wear which didn't go well. During a chat show hosted by Neha Dhupia, Katrina was asked to name a celebrity who goes Over-The-Top with their gym and workout looks.

To this, Katrina expressed her concern with Janhvi's gym look and shared that while the actress' attire is not over-the-top, however, she is surely concerned about her 'very very short shorts'. "She comes to my gym as well, so we often are together in the gym. I just worry about her sometimes" she added in all good intentions. Unfortunately, Katrina's statement wasn't well-received by the fans of Janhvi and attracted controversy. **– ETimes**

Sam's advice to trolls: Try a dash of civility

Samantha is going through a tough time in her personal life after putting an end to her four-year marriage with Naga Chaitanya. The actress also took a short break to adjust to the new life and then returned to action with full enthusiasm. However, one thing that has been disturbing her the most is the relentless trolling on social media.

Recently in an interview with a popular magazine, she opened up about the constant trolling she has been facing after her separation. She also made it clear what she expects from those who are criticizing and trolling her.

Earlier in October, Samantha and Naga Chaitanya had publicly announced that they are parting ways as wife and husband. It was a huge shock for their fans, especially ahead of their fourth wedding anniversary. Many people even blamed the actress of having an alleged extra-marital affair and abortion.

However, the actress then shut down all the rumours, releasing a strong statement. Now, Samantha has once again expressed her views on the trolling that she is facing after taking such an important life decision. The actress insisted in that interview she doesn't want unconditional acceptance. Instead she encourages those who have different opinions. What Samantha wants everyone to realize is that we can still love and have a little bit of compassion for each other. She also requested everyone to show their disappointment in a more civilised way.

Samantha and Naga Chaitanya have already filed for divorce by mutual consent and the legal proceedings right now are underway. **—ETimes**

Strictly confidential

Just four people attended the wedding of Daniel Craig and Rachel Weisz. Find out how many stars managed to keep their wedding a top secret -- like Vicky Kaushal and Katrina Kaif are doing now.

Watch this story come alive by pointing your phone camera at the QR code

Jacky stopped at airport

It's not every day that Bollywood celebrities are stopped from their jetsetting lifestyle, but Jacqueline Fernandez, was stopped at Mumbai Airport by immigration authorities and dispatched back home. The airport security forces were acting on a lookout circular issued by Enforcement Directorate (ED).

The actor had just returned from the shooting of the film 'Ram Setu' in Diu and is to participate in Salman Khan's Da-bangg tour on December 10 in Riyadh. She has been questioned in the Sukesh Chandrashekhar case at least twice by ED officials and Jacqueline has maintained that she is a victim of the conman.

ETimes tried to reach out to Jacqueline's manager, but we received no response.

SRK gears up for work

After almost a two-year gap, Shah Rukh Khan finally kick-started shooting and his long hair and casual athleisure for the much-awaited film 'Pathan' made his fans super excited. The celebrated actor was scheduled to start the last schedule of Pathan in Spain but it had to be pushed back because of the Aryan Khan case. However, according to reports, Shah Rukh is now also all geared up to return to shoot.

It was a tough time for Shah Rukh as he was all busy handling the legal battle for his son for more than a month and it took a toll on him. The superstar lost muscles and his diet plan and fitness regime were also disrupted. Now, things are all okay and the seasoned actor has also started working on his physique since both his upcoming films 'Pathan' and 'Atlee's next 'will see the actor in a larger-than-life character. Filled with so much energy, just like before, Shah Rukh has been hitting the gym regularly to get back into shape.

Apart from Shah Rukh Khan and Deepika Padukone in lead, Siddharth Anand's 'Pathan' has roped in John Abraham as well. It will also star Salman Khan in a special cameo appearance as his iconic character from the 'Tiger' series.

The makers are planning to wrap up 'Pathan' shoot in January and the Atlee film will be filmed throughout 2022 since Shah Rukh Khan will be seen in a double role. Atlee's next is an action thriller also starring Nayanthara, Sanya Malhotra and Sunil Grover in pivotal roles. Pathan is expected to hit the theatres in the last quarter of 2022.

Meanwhile, besides 'Pathan' and Atlee's film, Shah Rukh Khan will reportedly also be seen in Rajkumar Hirani's immigration drama with Taapsee Pannu. Speculation is rife that he also has a commercial entertainer and Raj-DK's action thriller lined up.